

# SmartFITT LLC

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## Get Stronger, Faster and Build Endurance the Smart Way

*Beth set me up with a detailed 8-week workout plan to get me closer to my running goals. When I first started my workout plan, I could run my five-mile loop in 65 minutes. By the end of the plan, I was able to do the same five-mile run in 45 minutes. I'm really excited for my triathlon and have been recommending Beth's services to other weekend warriors and athletes. Not only am I faster, but I actually enjoy my run workouts now that I have the confidence to complete them well. Thank you, Beth!"*

*~Samantha Nienow, Novice Triathlete*

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Are you an athlete trying to maintain an edge over your competitors? Working with a SmartFITT Exercise Physiologist is your key to success. Your body is an intricate machine. With the proper tuning it will be running at full capacity.

Your Exercise Physiologist will measure your current heart and lung capacities through a maximal oxygen consumption assessment. After a quick analysis of your assessment results, your Exercise Physiologist will create a training program that will maximize your potential.

When creating a training program it is important to have someone who understands your physiological systems working with you. Improper training can lead to pain and injury setting you back from attaining your goals. Harder is not always better. Overtraining is a leading cause of decreased performance and injury. When you are at the end of your season you want your body to be in peak condition, not worn out from training. Training specific for your body will enhance your performance not hinder it.